York u3a york

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OFFICE OPENING HOURS

To improve access to support and information, our office opening hours have increased. If you need to telephone or come and see us from then on we will be open as follows:

Tuesday:	10am to midday
Wednesday:	1pm to 3pm
Thursday:	10am to midday
Friday:	10am to midday

FRONT COVER PICTURE

The East Front of Wentworth Woodhouse, visited by u3a members

Chair's Comments March 2023

The sun is shining brightly as I write (though probably only fleetingly) Our days are longer than our nights, the clocks have leapt forwards, the daffodils around the city walls are blooming, and Spring can be said to have well and truly sprung. Spring also, rather less picturesquely, heralds our AGM which a fortnight ago marked the successful passing of another year – even if that was technically our 2021-22 financial year – and with it, as always, the moving on of members of your committee.

This year, I'm pleased to say, only one member of the committee, Rosemary Royds Tree, retired. As I said at the AGM, we owe Rosemary a huge debt for her diligent and good-humoured handling of her role as Groups Co-ordinator, which has undoubtedly been the most onerous of all our portfolios during the Covid pandemic. The stop-start functioning, virtually or in-person, of all the different interest groups with their various health and safety complexities, which frequently changed and had to be monitored and approved at every different level of lockdown, made an already complex and time-consuming role very much more so. As Rosemary leaves the committee, we extend a warm welcome to Samantha Triggs who has taken over from her.

Geoffrey Chaucer tells us that one of the inevitable outcomes of Spring is that people are imbued with an irresistible desire to go on pilgrimages: 'Than longen folk to goon on pilgrimages.' While u3a's version of pilgrimages is an avowedly secular one, Chaucer captures the desire to get out and about particularly well. In our case we don't have to make our outings on foot, instead having our excellent UK Travel Committee to arrange and lead them for us. Coaches may not be conducive to the telling of York's version of the Canterbury Tales, but they are a lot more comfortable and much quicker than walking.

Our immediate problem is that we need to find new members for the UK Travel Committee, if we are going to be able to carry on offering our members the opportunity to go on our coach trips. These are among the most memorable of many members' u3a experience. Membership of our committees always fluctuates and there is seldom any opportunity for succession planning. In this instance several of the members of the committee are retiring at the same time, but there are enough experienced members to show new members the ropes. We thank the retiring members for their role in making our UK travel opportunities one of highlights of our u3a offer. Long may they continue.

Enjoy the extra hours of daylight and the (hoped for) warmer weather!

David Maughan Brown Chair: York u3a

EDITORIAL

Welcome to the April edition of the Newsmail. We offer a special welcome to new u3a members. We hope that you will thoroughly enjoy choosing all the activities which you feel would interest you. Of course, if there is an activity which is not on our list, why not start one yourself!

Thank you to all the group leaders who have contributed articles to this issue and also those members who have written about issues which perhaps will interest our members.

The Newsmail hopefully will interest and entertain everyone, so with that in mind, if anyone has a story which they would like to share, please send it to the editor at newsletter@yorku3a.com. It can be about an amusing incident, or a serious matter which will give "food for thought".

The closing date for the June edition is Monday May 22nd.

Sue and Nick (Editors)

York U3A visit to Doddington Hall and Gardens Lincoln Tuesday 13th June 2023

Doddington Hall is a fine late Elizabethan manor house with beautiful gardens, located just outside of Lincoln.
Built in 1595 by Robert Smythson, one of England's foremost Elizabethan architects.

Experience Doddington's unique interiors. View a wealth of historical and interesting items in Doddington's collections, including over 100 paintings dating from 17th-20th centuries, two sets of ornate Flemish tapestries plus furniture, weaponry, ceramics, textiles and other household objects.

The Hall has five acres of gardens to explore. Discover the formal East and West gardens, in addition to the beautiful Wild Garden and Kitchen Garden.

There is a self-service café, a separate restaurant with table service, a farm shop together with country and homeware shops.

This will be a private guided tour of the Hall.

The group will have exclusive access to the Hall with the tour guide, and then the gardens on a self-guided basis.

The tour includes tea and biscuits.

We shall arrive just after 10.30 and plan to leave for home around 3.30.

The cost of the trip per person is £32.00 which covers coach travel and driver's gratuity, private guided tour of the Hall with tea and biscuits and wander of the Gardens.

The u3a Travel UK mobile phone number on the day is 07939601636

Organiser: - Viv Nicholls vivtravel@yorku3a.com

If the trip is fully booked, you will be contacted by phone or email and put on a waiting list. If a place becomes available, you will be contacted again.

If you are not contacted, then assume that you are on the trip.

PAYMENTS

Note that cheques will not be cashed until close to the date of the visit.

If you state on your booking form that you will pay by BACS, you can have a place on the trip after your BACS has cleared. So please send it the same time you post your booking form as this will not be followed up.

If you cancel your booking, there will only be a refund if a replacement is found.

ACCESSIBILITY

(Please note there is limited accessibility in the Hall. The upper two floors are not accessible to wheelchairs as there are no lifts. Ramps are provided for manual wheelchair access on the ground floor. Electric scooters/wheelchairs are not allowed in the Hall.

There are 3 floors in the Hall, accessible via a wide staircase with a total of 64 steps. There are chairs to rest on each half-landing.

If anyone is unable to easily access the upper floors by the stairs a virtual tour of the upper floors can be arranged on the ground floor this will need to be arranged with the Hall prior to our visit so extra guides are available so, please advise on your booking form if you need this to be arranged).

Most of the 5-acre gardens can be explored by wheelchair.

Visit to Lichfield

Wednesday 17th May 2023: £15

Lichfield is a city often overlooked because of a lack of transport links, but its history dates back 1300 years. It has a rich heritage and stunning architecture. Its cathedral is the only gothic cathedral in England with three spires. The cathedral close is especially interesting, with Vicars' Close particularly historic as a row of medieval houses.

Our coach will drop us close to the cathedral. We have not arranged a guided tour of the cathedral, but you may book a tour on the day at either 11.00 or 14.00, for a cost of £5.

From the cathedral, it is an easy stroll to the city centre. Places you might like to visit include:

Samuel Johnson Birthplace Museum.
Erasmus Darwin House, set in the old part of the city.
Erasmus Darwin was the grandson of Charles Darwin,
and one of the greatest polymaths of the 18th century.
The Old Guildhall Prison, where you can explore original
cells and the history of law and order in Lichfield.
Beacon Park, with more than 70 acres of beautiful garden,
across the road from the city's Garden of Remembrance
near the cathedral.

The cost of £15 includes coach travel and gratuities.

The u3a Travel mobile phone number on the day is 07939 601636.

Organizer: Lai Chan laitravel@yorku3a.com

If the trip is fully booked you will be contacted by phone or email and put on a waiting list. If a place becomes available, you will be contacted again. If you are not contacted, then assume that you are on the trip. Note that cheques will not be cashed until close to the date of the visit.

If you cancel the booking, there will be a refund only if a replacement is found.

Yorkshire and Humber Region Summer School
31st July – 3 rd August 2023
The Hawkhills, Easingwold, YO61 3EG

www.thehawkhills.com

The Hawkhills is once again our chosen venue to run our Summer School.

Set off the A19 just south of Easingwold and set within a 240 acre estate, the venue boasts well-appointed conference facilities and a modern accessible accommodation block providing comfortable, hotel style double en-suite bedrooms with all amenities. The Hawkhills owns a reputation for first class cuisine as well as providing a cosy bar, relaxing lounge and conservatory areas, and magnificent landscaped gardens opening out onto woodland with waymarked walks.

Courses Topics to choose from:

Spanish Conversation / Life Drawing / Volcanoes and Earthquakes
Impressionists and Impressionism / Ancient Greek Theatre
Basic Science for Historians and Amateur Archaeologists / Multi Media Art
Introduction to Jewellery Making / 20th Century Spanish Culture / Improvised Drama

Costs for our 3 night top class residential Summer School:
Full Board Delegate £395pp
Day Delegate £195pp

More information including preliminary course details will be available along with Booking forms by the 14th January 2023 at yahru3a.uk/summerschool/yahru3a.co.uk

The aim of our Summer School is to: □ Provide members with new learning opportunities □ Enable our members to explore a topic your u3a may not be able to offer □ Enable delegates, in a magnificent setting, to share time out with other u3a members from across the region and beyond.

It's bound to be popular – and fun! – so we advise early booking. Preliminary course details and booking forms are available on the YAHR website via https://yahru3a.uk/summer-school/yahru3a.co.uk

We look forward to meeting you!

Saturday Talks & Socials

This is a picture of a games session during the third Saturday Social, on March 25th. These are proving to be very successful.

Saturday April 15th

In the FRIARGATE Meeting Room at 10.30.

(Note the venue - not the Methodist Hall!)

A New Eye on the Universe: The James Webb Space Telescope

Annabel Reeder and Megan Davenport-Conolly met working in the outreach department for the School of Physics, Engineering and Technology at the University of York, where they prepared this talk.

Annabel still works there as the current Physics outreach intern, while Megan has moved on to become the Communications and Engagement Officer for the Royal Academy of Engineering.

When they aren't doing talks like this, they are developing new activities such as VR, working with schools, scouts and guides and generally trying to get as many people as possible engaged with and talking about science and technology.

Annabel will talk about the James Webb Space Telescope that launched Christmas day 2021, comparing it to the Hubble Space Telescope to see the advancements in technology in the last 30 years. She will discuss the location of the orbit of JWST and how that helps shield it from the heat of the sun, which could affect the sensitive infrared instruments on board. And she will talk about what we hope the JWST will discover about the origins of the universe.

The talk will be illustrated with some of the spectacular images obtained by the JWST.

Saturday April 29th

Graham Ralph from the friends (who has met many of us in the warm space) will tell us about Penn, Fox, Woolman and Fell and their astonishing history and what they stood for in the Quaker Movement.

Saturday May 13th

Glaucoma past, present and future. This talk given by Pouya Alaghband about eye health in older people and coping with glaucoma. Pouya is a consultant ophthalmic surgeon and fellow of the Royal College of Ophthalmologist, with a special interest in cataract and glaucoma surgery. His current NHS position as a consultant, is at York Teaching Hospital NHS Foundation Trust.

Saturday May 27th

Flowers and Plants. Mini talks and a plant sale, please email Anna If you would like to contribute to this event.

.<baldwinyork@btinternet.com>

Farewell to some of our office volunteers

This is one of our office volunteer groups, Ann, Jim and Rosie, who have been in the office every other Tuesday since we reopened after lockdown, and for many years before that.

On 21st March several other office volunteers joined them to say goodbye to Ann and Rosie, with many thanks for their years of supporting the u3a and its members.

Lorrae

1st of 3 Brain Teasers

There is a word in the English language in which the first two letters signify a male, the first three letters signify a female, the first four signify a great man, and the whole word, a great woman. What is the word?

Golf Croquet Group

With longer and warmer days, the croquet season returns! York u3a Golf Croquet Group starts again from just after Easter.

We play croquet at York Croquet Club on Scarcroft Road, not far from Micklegate Bar. There is some on street parking nearby, and good bus routes.

Croquet is a tactical game – snooker on grass, with a bit of chess. It provides gentle exercise in the fresh air (including the odd rainy day). New starters are welcome; it doesn't take long to learn what you should be doing, then everything improves with practice. We normally play doubles (two against two) so learners are paired with someone experienced.

We play at least five times a week. Most people choose a regular slot (or two), but it is easy to swap days when you are busy. Current sessions are 2 pm Monday, 10 am Tuesday, 2 pm Tuesday, 10 am Wednesday, 10 am Saturday, 2 pm Sunday. More sessions may be added if needed. Each session lasts 2 hours but it's fine to leave early if you need to. There is a charge of £5 a session, which goes to York Croquet Club.

If you are interested, please contact Aileen Hingston aileen@amhinja.net or 07939 090036.or 01904 656385

York Transport Initiatives: Access Control Barriers

As walking group leaders, both Steve Holman (Walks Around York) and I (Janet Leigh: Enjoy Walking in the Countryside) received invites to a Stakeholders Meeting on the above run by someone called Ken Spence last week. We both attended just in case no-one else from U3A went.

The meeting was to discuss a transport initiatives policy review and development in the light of obligations set by the Equality Act on, among others, Local Authorities to provide equality for disadvantaged groups. Two 'protected characteristics' of disadvantage are 'age': to state the obvious - all of u3a members and 'disability' - some of our members. The access control measures which were the subject of this meeting were those bits of metal/concrete that are found at the end of some narrow streets/alleyways or the entry to green areas to stop/slow down access. It seems that there are more than 800 in around York (I leave it to readers to decide whether this is in the useful or useless category of information.) All I know is that it's a lot and, in the space of the few days since I have attended the meeting, I have looked at the ones I pass through in a new way.

There now exists design guidance which covers things like minimum gap sizes, prohibition of chicanes and 'cyclists dismount' signs and the minimum width of footpaths. There is a concept of 'inclusive mobility' advocated by Active Travel England, a representative of which attended in her powered convertible bike/wheelchair. Many of the barriers in York may have been there a long time and designed to stop illegal or unwanted access; safety or security concerns or an actual or perceived problem. They had been constructed up to a presumed standard and in the belief that they would work.

Although it wasn't a central part of the Agenda, mention was made of the Miles without Stiles initiative which is a feature of more rural areas. 'Miles without Stiles are well-surfaced easy access routes without stiles, steps, or steep gradients. They are suitable for people of all fitness levels and those with limited mobility, including wheelchair users, families with pushchairs, and the visual impaired. ' (Quote from a National Trust website).

The meeting then broke up into working groups to discuss barriers in the city. Comments were requested on photos of 10 varied examples of actual barriers in the city We were asked:

Why are they there?
Is it needed?
Should it be retained, replaced or removed?
If replaced, how?

The group I was in included someone from Sustrans, a CYC employee with visual impairment, a North Yorks Police Safety rep., the councillor responsible for Transport and the woman with the wonderful bike/wheelchair. I did feel a bit outgunned, so my contribution is to produce this note for the u3a Newsletter. Some of the barriers are clearly no longer in line with the spirit of inclusive mobility and could be redesigned, removed and managed through active policing. The contributions of each group would be fed back to Transport Initiatives to inform the production a draft policy/plan in a few weeks' time. There may be a further meeting to discuss any ideas that come to light.

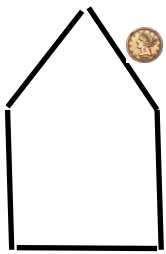
However, even if you are not a member of a walking group, or one which does not walk in the area affected, we do have a strong interest in the work going on, you are now aware and can contribute in any way you think fit. We will update you of anything that does come into the public domain.

Janet Leigh Steve Holman 15/2/2023

BRAIN TEASERS

1. **5 + 5 + 5 = 550** *You may add one line and one line only to make this equation correct*

2. Make a house of 5 equal length sticks, place a coin as shown.



*You may move three sticks, and three sticks only to put the coin **inside** a house*

Review of Bradford Faith Trail 4 March 2023

Going out at 07.30 on a Saturday morning wouldn't normally be very appealing, but this was a very different day. We were leaving Memorial Gardens at 08.30 to make sure we got to Bradford in good time to start the Faith Trail at 10.00.

This is a free event which takes place in Bradford every month and allows people to visit 5 places of worship along the Leeds Road and to learn about the faiths and the communities in the area.

We started by being welcomed with a cup of tea at St Peter's Roman Catholic Church, a Georgian styled building which dates from 1933. It was built to accommodate the descendants of Irish immigrants, but congregation numbers were already falling by then.

It was bombed in World War 2 because of its proximity to an armaments factory, but fortunately was not destroyed and reopened 6 months later. Nowadays numbers attending continue to dwindle as the newer generations do not seem to have the faith of their grandparents.

We then moved down the hill to Abu Bakar Masjid. This mosque began in a nearby terraced house, then moved to a disused police station on Leeds Road. Worshippers increased and fundraised to create this new mosque which opened in 2020. We received a very warm welcome including a demonstration of the call to prayer which is relayed to worshippers' homes 5 times a day. Up to 1800 people attend the mosque on Fridays, the Muslim sabbath, and there are also community events and celebrations. As with many faiths, keeping the congregation can be an issue, so events such as pizza nights are organised, to encourage young people.

Our walk continued to Shree Lakshmi Narayan Hindu Temple, the newest of our special visits, which was opened by the Queen in 2007. We didn't have a guide here but joined in with the visitors in the beautiful white marble shrine room. It was very colourful and joyous with people singing, chanting and dancing amongst the statues, bells and flowers. It was the one place where I felt that it would have been good to have had more input to learn about this truly spectacular place.

We were almost at the bottom of the hill by now and very glad to arrive at Guru Gobind Singh Ji Gurdwara which was the first Sikh temple built in Bradford. Here we joined large numbers of local people in a home-cooked curry with chapattis and other accompaniments plus chai-style tea. It was delicious and people were constantly coming round with seconds, as well as preparing take-aways for people in need. Volunteers cook all day and every day for anybody who would like to join them and we were told that we would be very welcome any time we were in Bradford. Donations can be made to contribute to this wonderful work.

After we had been fed, we had a most illuminating talk from one of the volunteers about Sikh culture and history and their principles of honesty and sharing with others

Feeling refreshed we crossed the main road and moved onto Bradford Cathedral on an ancient site, which is thought to have housed a church since the 600s. The present building dates from 1468 with additions from many eras up to the mid-20th century. As well as church services it is widely used for events, music, exhibitions, drama etc.

During our short visit there was an orchestra and choir performing and an art exhibition. We had a guided tour from volunteers, followed by a very welcome cup of tea. The coach was waiting outside to take us back to York after a long but very rewarding and interesting day out. If you missed this trip, I would definitely recommend trying to go to Bradford to do the tour another month.

Barbara Boyce

u3a GARDENERS.

Hello, its lovely to see all the plants coming through, regardless of the changeable climate. We must thank nature and its wonderful ways for that.

We have moved the large compost bin next to the bike shed and by the end of April we will hopefully have moved the other two and the leaves, so all that will be nicely together. However, we have some Bergenia and Primula to move once they have finished flowering, to another part of the garden. We also have some new planters near the u3a office entrance, which should look quite nice once they have grown. Our photo is the Pulmonaria.

Sandra Barnes

BIRDING GROUP

For our March meet, the York u3a Birding Group (3) met at Bank Island Visitor Centre, part of the Lower Derwent Valley National Nature Reserve (NNR)at Wheldrake Ings. Group Leader Harold Morris had arranged with Senior National Reserve Manager Craig Ralston for a demonstration and explanation of 'ringing', a vital part of The British Trust for Ornithology (BTO) work and mission.

A Wren in Craig's Hand

The weather forecast of snow in the morning meant an adjustment to our normal timings, as no bird would be out and about in such weather! We were able to adjust our meeting to the afternoon, and were rewarded with an excellent presentation from an expert ringer and passionate nature lover.

Craig explained how individually identified bird records have, over the course of one hundred years plus, provided so much more than just where they were first caught and where their life ended.

Data collected over those years has led to an appreciation of changing bird populations, breeding patterns and migration timings. Especially at such an important site as Wheldrake Ings NNR.

A Great tit being ringed

Beside the traditional metal rings, which can only be read once the bird is netted, we saw the newer large, coloured rings for large birds that can be read in the field through binoculars, and heard how the latest GPS tracker technology gives 100% live data - even if one cannot see or hear the bird!

From his nets Craig brought through a Reed Bunting, a Great Tit and a Wren and went through the process of ringing and recording the bird, its sex and age. This is all by way of a gentle and careful inspection and without undue stress on the birds, which were then immediately released.

Later as we then enjoyed our visits to the hides, enjoying the diversity and density of bird population, we appreciated even more the dedication and skill of Craig and his team, along with the commitment of Natural England to resource the site. To manage a wonderful habitat, and, through data capture from the birds, enable policy makers to be informed of trends within our precious landscape.

Michael Wajdner

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Weighing birds in grams
Note ledger for data capture

Best Disaster Recipes, Rhubarb and Ginger Jam

Carefully lift the bucket to reveal sixteen, tender, pink, spindly things that are fed up trying to find daylight.

Before the remaining stalks breathe in deeply and make a dash for it, pick a giant's handful and put the bucket back quickly.

Relax by composting the leaves and the strange gutter on the stalks' bottom, that's at the other end of course.

Wash thoroughly in your coldest water, cut to between 1inch and 1and one1/8inch using a bevelled ruler and a stainless steel, serrated knife, or your handy garden shears.

Into a cast-iron pan put one pound of the even rhubarb bits to one pint of white currant stock to one pound of vanilla sugar, brought up to a rolling boil wearing goggles in case the mix spits at you. Asbestos pinnies are no longer recommended.

Stir graciously with a flat ladle until it can stand upright on its own, at the last minute remember and add either teaspoon or tablespoon of ground ginger to your own taste. Try to stir in clockwise.

Take jam jars out of the oven and set aside while you carve the jam into handy pieces, if necessary, give up jars and use greaseproof paper instead.

Avoid giving to children, relatives with dentures, persons of a nervous disposition. Ideal Christmas presents for chatterboxes, and grumpy people generally. Known to deter further visits for at least a decade.

Colin

u3a Choir

The u3a choir performed in a concert on March 29th, singing an eclectic choice of music, with composers ranging from Bach, Schubert and Brahms, through to Irvin Berlin and the Beatles. There were many other composers included in the programme with Don Pears, the musical director, producing his own arrangements, to suit our choir.

The choir will be performing at the YHAR Music Festival on June 13th, (details on page 21).

The choir rehearses every Wednesday at 2pm in the Unitarian Chapel on St. Saviourgate. New members are welcome and there is a particular shortage of tenors and basses.

Sue Tompkin (Choir member)

u3a visit to Wentworth Woodhouse

Another successful York u3a coach trip, this time to the great South Yorkshire mansion of Wentworth Woodhouse on 21st February. It's a monument to 18th century conspicuous consumption, aristocratic decline and an unlikely rescue by West Riding County Council for use as a PE Teacher Training College.

Organised as her first trip for the u3a by Gill Cordwell, we were treated en route to a lively account of her time at the Lady Mabel College for PE students by Margaret Grimshaw and information from Brian Hague about the monuments on the estate, like the improbably named Hoober Stand. Thanks to Erwin, the coach driver, we also learned that James Nasmyth, inventor of the steam hammer and a giant of the industrial revolution, is buried nearby at Wentworth.

After arrival and coffee there was time to look round the vast gardens, very much a work in progress with major renovation of the historic camellia house started recently. The party enjoyed snowdrops, some early rhododendrons and a look at the west front of the house. The architectural historian Nikolaus Pevsner considered it to be unique in Britain, probably influenced by a Bohemian designer.

After a sandwich lunch we looked around the very grand interiors. They are magnificent, if partly in need of restoration. The Rockingham and Fitzwilliam family owners didn't "dream that they dwelt in marble halls", they really did. Even if some marble was fake scagliola, it all looked impressive in the Marble Salon and State Dining Room. Many statues from richer days survive but most of the contents were sold off by the 1970's. Going outside the east front is the longest frontage of any stately home; longer than Buckingham Palace and with a magnificent portico.

Back on the coach for a short ride to the nearby Garden Centre, a cup of tea and browse round, but for those who find such centres merge into one, there was opportunity to walk through the pleasant Wentworth Village. With coal mining now gone the scenery of this part of South Yorkshire really appears quite attractive. A most interesting visit so thanks to Gill and colleagues for making it possible.

Roger Backhouse

Strange Incident

I would like to tell you about a strange incident which happened to us sometime last year. We were driving down a road just outside the village of Warthill, when we spotted a car parked in a gateway. There was a man standing next to the car. As we drove past, the sight that greeted us was extremely surprising. We later asked the family to guess what he was doing….nothing rude I hasten to add!...

No one guessed it …... He was very smartly dressed in a dark suit, playing the bagpipes! We turned around and proceeded to drive passed again; this time with the windows down and heard the most beautiful Scottish music. It was an amazing experience and when I relayed this story to a friend, she said that this is a common sight in the Scottish Highlands…. a person playing bagpipes, usually by a gate in the middle of the countryside.

Sue

YORKSHIRE PLACE NAMES QUIZ

Name that Place

1 Fortified river crossing
2 Wind instrument, does it taste salty
3 Darcy's friend
4 NO ROUGHER TASK. (anagram)
5 Steering device with direction on the sheltered side
6 Morning moisture under the ground
7 Proverbial light and heavy
8 Stalls need a diet perhaps
9 Sounds like the cooks outdoor location
10 Healthy place for boiling water
11 Affirmative voters begin garden village near water feature
12 Wealthy French world
13 ON TALLER THORN (anagram)
14 Hesitant Mr Mayall is after his pet
15 Funeral outside 16 Uncooked professor
17 Coin in the rock
18 Battle of 1066
19 Famous bomber aeroplane
20 May also be crossed in winter

The Music Miscellany Group

We meet on the first and third Wednesday mornings of each month in the Woolman room at the u3a centre from 10.15 to 12.15 .We would be delighted to welcome you to join us and to listen to a selection of music, mostly but not exclusively classical, chosen by some of our members, A few of us take turns to present a programme while other members prefer to just listen. It's an alternative to Radio 3 or Classic FM!!

We have a break for coffee and we are very relaxed. There are currently 9 members of the group. We contribute £2.00 per session towards the cost of the room , but tea and coffee are available without charge.

Please come along to give us a try. The next meetings are Wednesday 5th & 19th April

Michael Woodward 07841 115576

YAHR Music Festival

As announced in the last newsletter we are hosting a YAHR Music Festival on 13th June 2023. This 1-day event will be held at York St John University, and all u3as in our region are invited to take part. This will be an opportunity for the various music groups in the region to perform, and to listen to and interact with music groups from other u3as across the region.

So far we have around 20 music groups taking part, including singing groups, ukuleles, acoustic bands, recorders, guitar groups, and jazz/swing. So there will be a good variety of musical entertainment, and we hope it will attract significant numbers of non-performers as well as performers.

Refreshments will be provided, with tea and coffee available throughout the day, and a buffet lunch. Cost is £15, to cover the costs of venue hire and catering; for that you get food, drink, and a whole day of musical entertainment. So why not come along and listen to some of the wide variety of live music being played and sung in our u3as?

Explore Warwickshire. July 9th-13th 2023.

Hilary and Margaret's fifth 5 day trip will be based on a stay at the Mercure Walton Hall Hotel near Warwick. On the journey south we will visit the National Space museum. There will be ample time to see Stratford's many attractions and to have a backstage tour at the theatre as well as a river cruise on the Avon. Of course our usual heritage train trip is included, this time from Cheltenham to Broadway. For garden lovers there will be a tour of the National Trust Hidcote Garden. Before the homeward journey we will spend the morning at Warwick Castle.

Cost of trip: Shared room pp. Dinner B&B £425
National trust members £410
Single room pp. Dinner B&B £545
National Trust member £530

Please note the u3a mobile number, only available from 9th July
07939 601636

Organisers Margaret Hamilton, kmhamilton05@gmail.com
Hilary Davies, hilarytravel@yorku3a.com

If the trip is fully booked you will be contacted and put on a waiting list. If we do not contact you, your application has been successful. If you cancel your booking there can only be a refund if a replacement is found.

Water Fitness

I have been thinking that 'Water Fitness' must be one of the longest existing groups in the York u3a. Under its original name of 'Exercises in Water,' it was started right at the beginning of York u3a in 1987 by two retired physiotherapists -Mary and Olga. They were a lovely pair of friends--the short and the tall, the thin and the not-so-thin. They devised a programme of exercises that stretched and flexed the whole body. As these are in water , which supports your weight , you should not overdo anything.

They always interviewed new group members to make sure of any medical problems. We do not do that now. They recruited Rhona Lowe whose number was 28. She stayed with the group until age took over, though she stays very interested in our activities. There were two days booked in the pool for many years, Monday and Wednesday, you could go to either. When Mary and Olga had to leave us Rhona took over with some physical help from me, treasury help from Theodore and registration with his wife Dorothy.

We have always kept the same exercises-how could we improve them, we are not physiotherapists! We had been in the Barbican pool for many years but were moved to the Edmund Wilson pool and then on to Energise Better on Cornlands Road. The Wednesday group had to be dropped as prices went up, we lost a few people but the Monday group continued. When Rhona had to step down I was pressurised into leading the physical side of the exercises but had wonderful help from Muriel Cruchley the treasure and Lorrae the technical wonder woman. All change again to Sue and Nick Tompkin keeping us on track; Sue as secretary and Nick as treasurer.

Coronavirus caused us to shut down for a year. We struggled a bit when we restarted with pool hire and numbers but we are nearly at full strength now. There are a few members still with us after at least 20 years of membership: Pat, Annette, Peter, Jan, Jill and myself. It has always been such a happy friendly group, with many people making good friendships. Lots of us stay on afterwards for a drink and a chat. We always get out of the pool refreshed, happy and feeling so much better in ourselves. We still keep Mary and Olga's classic exercises

Anne Fox (Group Leader)

The Water Fitness group, who normally meet every Monday to do gentle exercises in the water, met one Wednesday lunch time to enjoy excellent food. We all had a great time at the Ashford Restaurant in York College.

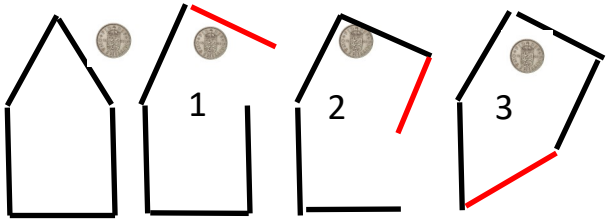
There are still places for anyone who would like to join the water fitness group. We meet at Energise on Cornfield Road, from 1.30pm to 2.30pm. For further details, please contact the secretary….
Sue Tompkin 07894831756 or email sunic911@gmail.com

Brain Teasers Answers

1. **HEROINE**

2. **5 + 5 + 5 = 550**

3.



YORKSHIRE PLACE NAMES ANSWERS

1	Castleford	11	Aysgarth Falls
2	Hornsea	12	Richmond
3	Bingley	13	NORTHALLERTON
4	KNARESBOROUGH	14	Catterick
5	Helmsley	15	Wakefield
6	Dewsbury	16	Rawdon
7	Featherstone	17	Penistone
8	Market Weighton	18	Stamford Bridge
9	Sheffield	19	Halifax
10	Kettlewell	20	Summerbridge

OFFICE OPENING HOURS Additional Opening Day

To improve access to support and information, our office opening hours are increasing. From the 1st February 2023 the office will now also open every Wednesday afternoon between 1pm and 3pm.

If you need to telephone or come and see us from then on we will be open as follows:

Tuesday:	10am to midday
Wednesday:	1pm to 3pm
Thursday:	10am to midday
Friday:	10am to midday

Visit to
Lichfield
Booking Form

Visit to Lichfield on Wednesday 17th May 2023 Booking Form

PLEASE WRITE LEGIBLY

I/We will join the coach at (please circle as appropriate)

Fulford Main Street 7:45
Memorial Gardens 8:00
Middlethorpe Grove/ corner of Tadcaster Road 8:15

Please reserve ……place (s) at £ 15.00 per person.

Name (s) (1) …….

(2).....

Membership Numbers (1) ……..…….....…
2).....

Address (1)
……

Telephone number (1) …… …...Mobile ……...…

Email address (1) ……..…

Emergency contact (1) ……Phone……...
(2) …… . Phone ……....

Any mobility concerns ……..

EITHER, I am sending a cheque for £ ……. made payable to York u3a Travel UK and the completed form to
Lai Chan, 19 Sherringham Drive , York, YO24 2SE.

OR, I have paid £……..…By BACS, to the account with details below.

Account name : YORK u3a-UK Travel Group.
Sort code : 30-98- Account Number : 63593362

My ref: My membership number followed by Lichfield.
Since I have paid by BACS, I am sending only my form to Lai Chan.
Please write Lichfield on the outside of the envelope.

Doddington Hall and Gardens Booking Form

u3a Visit to Doddington Hall and Gardens on Tuesday 13th June 2023

Booking Form: PLEASE WRITE CLEARLY

I/We will join the coach at (please circle as appropriate)

Fulford Main Street 08.30
Memorial Gardens 08.45
Middlethorpe Grove/ corner of Tadcaster Road 09.00

Please reserve ……place (s) at £ 32.00 per person.

Name (s) (1) ……..…….

(2) .....

Membership Numbers (1) ……..... (2) .....

Address (1) ……
Address (2)……

Telephone number (1) ……Mobile ……..…….

Email address (1) ……...….

Emergency contact (1) …… Phone ……..

(2) …… Phone ……..…

Any mobility concerns. (there is limited access to the property)
…….

EITHER: - I am sending a cheque for £ ……. made payable to York u3a Travel UK and the completed form to:-
Viv Nicholls 69 Hempland Lane Heworth York YO31 1AT
OR: I have paid £……. By BACS, to the account with details below.

Account name: YORK u3a-UK Travel Group: **Sort code:** 30-98-97
Account Number: 63593362
My ref: My membership number followed by Doddington.

Since I have paid by BACS, I am sending only my form to Viv Nicholls. Please write **Doddington** on the outside of the envelope.

Please note payment due to be made by BACS will not be chased up so please send the same time as you post the form.